



Supporting You Every Step of the Way!

Our physicians combine expertise with personalized care to relieve back and leg pain, reduce inflammation, and improve your quality of life through epidural injections

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Epidural Injections for Pain Relief

**Safe, Effective Outpatient
Treatment for Back and Leg Pain**

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What Are Epidural Injections?

Epidural injections deliver medication around your spinal nerves to reduce inflammation and relieve back, leg, or arm pain.

There are two common types:

- **Lumbar Epidural Injection:**
Medication is injected into the epidural space through the back (lumbar or cervical region)
- **Caudal Epidural Injection:**
Medication is injected near the tailbone (caudal area), targeting lower spinal nerves

Important Notes

- Do not stop blood-thinning medications without consulting your doctor
- Inform your provider if you have infections, allergies, or bleeding disorders
- A responsible adult must drive you home
- Contact your clinic immediately if you experience severe pain, weakness, fever, or difficulty breathing after your injection

Who Can Benefit?

Epidural Injections are Used to Treat:

- Herniated discs
- Spinal stenosis
- Sciatica and leg pain
- Chronic lower back pain
- Radiculopathy (nerve pain radiating down arms or legs)

Your physician will determine if an epidural injection is right for you based on your symptoms and imaging tests

What to Expect During the Procedure:

- You will lie face down or on your side
- The skin will be cleaned, and a local anesthetic will numb the injection site
- Using X-ray (fluoroscopy) or ultrasound guidance, the doctor will carefully insert a needle into the epidural space
- Medication (usually a steroid and anesthetic) is injected
- The procedure takes about 15–30 minutes

After the Injection:

- You will be monitored for 15–30 minutes for safety
- Some soreness or discomfort at the injection site is normal and may last a few days
- You may experience immediate pain relief, but the full benefit of the steroid may take several days to appear
- Pain relief can last weeks to months but varies by individual

Speak to Your Physician Today!

